

Small and Mighty... Seeds

Use the provided web resources to help you complete the below chart.

<http://www.cookinglight.com/eating-smart/nutrition-101/seed-nutrition>

https://www.onhealth.com/content/1/seeds_nutrition_benefits

<https://discovergoodnutrition.com/2016/08/edible-seeds/>

<i>Name of Seed</i>	<i>Photo/Illustration</i>	<i>Health Benefits</i>	<i>How to Eat</i>
<i>Pumpkin Seeds</i>			
<i>Sunflower Seeds</i>			
<i>Flax Seeds</i>			

<i>Chia Seeds</i>			
<i>Sesame Seeds</i>			
<i>Poppy Seeds</i>			
<i>Hemp Seeds</i>			

*Place a star beside those seeds that you have eaten before.
Place an X beside those seeds that you have never eaten before.*